

# Adult Programs

January - April 2014



**Anne Gordon Center for Active Adults**  
1901 Spring Forest Road  
Raleigh, NC 27615

**Five Points Center for Active Adults**  
2000 Noble Road  
Raleigh, NC 27608

**Website:** [parks.raleighnc.gov](http://parks.raleighnc.gov)  
**Keyword Search:** *Active Adults*



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**Parks,  
Recreation and  
Cultural Resources**  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

### Five Points Center for Active Adults

2000 Noble Road, Raleigh, NC 27608  
Phone: 919-996-4730  
Fax: 919-508-5134  
Email: FivePointsCenter@raleighnc.gov



### Anne Gordon Center for Active Adults

1901 Spring Forest Road, Raleigh, NC 27615  
Phone: 919-996-4720  
Fax: 919-431-8090  
Email: AnneGordonCenter@raleighnc.gov



### Hours of Operation: Monday - Friday, 9:00 AM - 6:00 PM

**The Active Adult Centers will be closed:** January 1 (New Year's Day); January 20 (Martin Luther King Jr. Holiday); and Friday, April 18 (Good Friday holiday).

## How to Register

### Mail-In

Send registration form and payment to either Active Adult Center

### Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours.

*\*Trip registrations must be mailed or taken to Anne Gordon Center for Active Adults or Five Points Center for Active Adults.*

### Online with Reclink

Visit [Reclink.raleighnc.gov](http://Reclink.raleighnc.gov). Reclink allows you to search for programs age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment on line.

***Trip registrations are not accepted online.***

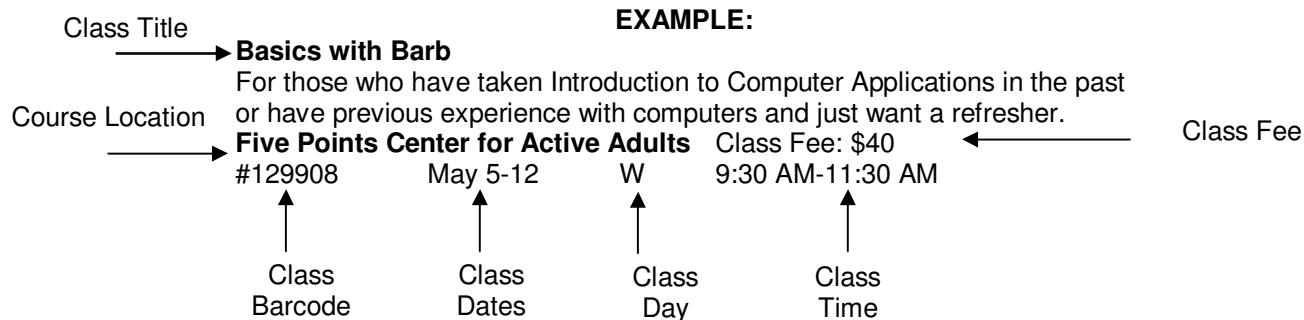
## Don't Wait - Register Early!

Did you know that programs, classes, and trips that have not met the minimum number of registrants 2 weeks prior to the start date will be cancelled?

Registering early allows program staff time to plan accordingly and eliminates the cancellation of programs.



## How to read course listings



## Art Programs

### Acrylic Painting

This class is perfect for those who want to learn the basics of acrylic painting. Students will be given a materials list to purchase on their own. Instructor: John Duzs.

<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#150749 Jan 8-Apr 30 W	12:30 pm - 3:00 pm
#150750 Jan 6-Apr 28 M	10:30 am - 1:30 pm

### Ceramics Basics- Painting Greenware

This class introduces students to painting greenware to create ceramic art. Students will be given a supply list to purchase necessary materials on their own. Instructor: Ann Long.

<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#150751 Jan 8-Apr 30 W	9:30 am -12:00 pm

### Five Points Open Art Studio

This is an unstructured open studio environment where students may work on their own projects. Students will provide their own materials.

<b>Five Points Center for Active Adults</b>	Class Fee:\$0
#150756 Jan 6-Apr 28 M	2:00 pm - 5:00 pm
#150757 Jan 2-Apr 24 Th	9:30 am -12:00 pm

### Handmade Jewelry Sampler

Bracelets, pins, pendants, and more will be created out of unusual objects to create fun and funky jewelry.

<b>Five Points Center for Active Adults</b>	Class Fee:\$20
#154586 March 24-31 M	11:15 am-12:15 pm

### Joyfuls Chorus

Enjoy singing? Share your enthusiasm by joining the Joyfuls! Sing for various clubs, organizations, groups, and events.

<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#150758 Jan 13-May 5 M	12:00 pm - 1:00 pm

### Knitting and Crocheting

This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor Judy Bregler

<b>Anne Gordon Center for Active Adults</b>	Class Fee:\$10
#153386 Jan 7-Feb 25 Tu	2:00 pm - 4:00 pm
#153387 Jan 9-Feb 27 Th	2:00 pm - 4:00 pm
#153388 Mar 4-Apr 22 Tu	2:00 pm - 4:00 pm
#153389 Mar 6-Apr 24 Th	2:00 pm - 4:00 pm

### Make Your Own Cards

Discover various papers, patterns, and cut outs to create your own cards for all occasions.

<b>Anne Gordon Center for Active Adults</b>	Class Fee:\$15
# 154584 Jan 7 T	10:30 am-12:30 pm
<b>Five Points Center for Active Adults</b>	Class Fee:\$15
#154590 Jan 31 F	10:00 am-12:00 pm

### No Sew Fashion Scarves

This series of classes will teach various techniques for creating beautiful, no-sew fashion scarves.

<b>Five Points Center for Active Adults</b>	Class Fee: \$10
#154475 Feb 7 F	11:15 am-12:15 pm
#154476 Mar 7 F	11:15 am-12:15 pm
#154477 Apr 11 F	11:15 am-12:15 pm
#154478 Apr 25 F	11:15 am-12:15 pm

### Paper Arts

Learn to make one-of-a-kind art by using materials with lots of texture, color, and layers. You will also learn how to make several types of paper flowers and other paper embellishments.

<b>Five Points Center for Active Adults</b>	Class Fee: \$20
#153717 Jan 8-15 W	1:00 pm-3:00 pm

### Photographs and Writing

Participants will study photographs by famous photographers and explore, in writing, what the photographs evoke for them. Outside of class, the student will take their own images that resemble those discussed in class, to share for discussion. Instructor will provide a computer for viewing photographs. At the end of the session the student will receive a photo album of their images.

<b>Five Points Center for Active Adults</b>	Class Fee:\$40
#153446 Jan 2-23 Th	3:00 pm - 5:00 pm
<b>Anne Gordon Center for Active Adults</b>	Class Fee:\$40
#153447 Feb 6-27 Th	3:00 pm - 5:00 pm

### Seasonal Wreath

Come and learn how to make the popular mesh wreaths that you may have seen on your neighbors' doors. Participants will create a Spring wreath.

<b>Five Points Center for Active Adults</b>	Class Fee: \$10
#154479 Apr 4 F	11:15 am-12:15 pm
<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$10
#154585 Mar 20 Th	10:00 am -11:00 am

### Seniors Craft Group

Join your fellow crafters for this craft program. Bring your own unfinished items to work on, or assist with projects for donation to local hospitals and charitable organizations.

<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#152880 Jan 2-May 6 M-Th	10:00 am -12:00 pm

### Textile Art

This class is full of fabric, beads, ribbons and painting. Join the fun & add to your knowledge of textiles. Explore the art of designing your own original master piece. Students will be given a supply list to purchase on their own.

<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$10
#154656 Jan 6-27 M	12:00 pm-2:00 pm
#154657 Feb 3-24 M	12:00 pm-2:00 pm



## Computer Classes

### Beginning Computers and E-mail

This beginner course introduces new users to the use of a computer and email. Brought to you by Raleigh SeniorTechEd. For more info, call 919-954-3688.

<b>Five Points Center for Active Adults</b>	Class Fee: \$42
#152317 Jan 9-Feb 27 Th	1:30 pm - 3:30 pm
<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$42
#154563 Feb 18-Apr 8 W	9:30am -11:30 am

### Exploring Files and Folders

Data management techniques using Windows 7 will be presented. Windows Explorer will be used to create and manage file structure. Presented by Raleigh SeniorTechEd. For more information, call 919-954-3688. *Prerequisite: Intro to Computer Applications or equivalent.*

<b>Five Points Center for Active Adults</b>	Class Fee:\$27
#152319 Feb 5-26 W	1:30 pm - 3:30 pm

### Exploring the Internet

This course teaches proper and safe ways to use the Internet, including basic browsing, file downloading, bookmarking, and security concepts. Presented by Raleigh SeniorTechEd. For more information, call 919-954-3688.

<b>Five Points Center for Active Adults</b>	Class Fee:\$37
#152320 Jan 8-Feb 12 W	9:30 am -11:30 am

### Fun with Photos

Learn the basics of Picasa, a free digital photo organizer & editor. Edit, crop, reduce red-eye and enhance color with one quick click. Presented by Raleigh Senior TechEd. For more information, please call 919-954-3688.

<b>Five Points Center for Active Adults</b>	Class Fee: \$42
#152321 Mar 13-May 1 Th	9:30 am -11:30 am

### Introduction to Computer Applications

This course is for students who have some knowledge of computers, mouse movement, and are familiar with the keyboard. The basics of word processing, file management, databases, spreadsheets, and the internet are covered. Presented by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

<b>Five Points Center for Active Adults</b>	Class Fee:\$42
#152322 Jan 6-Feb 24 M	1:30 pm - 3:30 pm
#152323 Jan 7-Feb 25 Tu	9:30 am -11:30 am
#152324 Mar 10-Apr 28 M	1:30 pm - 3:30 pm
#152325 Mar 11-Apr 29 Tu	9:30 am -11:30 am

### Skype for Beginners

Learn the basics on how to use Skype to communicate online with others. Presented by Raleigh SeniorTech Ed. For more information please call 919-954-3688.

<b>Five Points Center For Active Adults</b>	Class Fee: \$17
#152326 Jan 17 F	1:00 pm - 3:30 pm
<b>Anne Gordon Center For Active Adults</b>	Class Fee: \$17
#152327 Feb 21 F	9:30 am -12:00 pm

### iPad: Going Further With Your iPad

This course will include how to sync with a Mac or PC and get your contacts transferred, create contact groups and calendars. Facetime, the App Store, eBook readers, and how to borrow eBooks for free from the Wake County Library. Bring your iPad!

<b>Five Points Center for Active Adults</b>	Class Fee:\$0
#153233 Mar 5 W	1:30 pm - 3:30 pm
<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$0
#153234 Mar 12 W	10:30 am -12:30 pm

### iPad: Introduction

The iPad, iPhone, and iPod Touch are creating a revolution in computers and the way we live. This course will teach how to set up these devices and provide a brief overview of the many applications (apps) available. Bring your own iPad, or iPhone.

<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#153228 Jan 8 W	10:00 am -12:00 pm
#153230 Apr 2 W	1:30 pm - 3:30 pm
<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$0
#153229 Jan 15 W	1:30 pm - 3:30 pm

### iPad: Introduction to iCloud

iCloud is a service that allows users to securely store personal computer files on Apple's iCloud servers so that the file may be accessed from multiple devices. Bring your own iPad.

<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#153237 Jan 8 W	1:30 pm - 3:30 pm
<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$0
#153238 Mar 12 W	1:30 pm - 3:30 pm

### iPad: Sharing Digital Photos

This workshop will teach how to share digital photographs taken with your iPhone, iPod or iPad using Apple's free Shared Photo Stream feature. Setup, adding photos and how to alert friends of new photos will be discussed.

<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$0
#153239 Apr 9 W	10:30 am -12:30 pm
<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#153240 Apr 2 W	10:00 am -12:00 pm

### What's Slowing Down My Computer

This seminar is an overview of the various issues that can affect a computer's performance. You may bring your laptop to try techniques in class. This seminar is for students with more than basic computer skills. Presented by Raleigh SeniorTech Ed. For more information, call 919-954-3688.

<b>Five Points Center for Active Adults</b>	Class Fee:\$17
#152328 Jan 17 F	9:30 am -12:00 pm
#152330 Apr 4 F	9:30 am -12:00 pm
#152331 Apr 25 F	9:30 am -12:00 pm
<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$17
#152329 Feb 7 F	9:30 am -12:00 pm

### WINDOWS 8 Overview

Learn the basics of the new Windows 8 operating system. This class is brought to you by Raleigh Senior TechEd.

<b>Five Points Center for Active Adults</b>	Class Fee:\$12
#152332 Jan 10 F	1:00 pm - 3:30 pm
#152334 Feb 14 F	9:30 am -12:00 pm
<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$12
#152335 Jan 24 F	9:30 am -12:00 pm
#152336 Feb 28 F	9:30 am -12:00 pm

**Windows Live Photo Gallery**

Learn to use Windows Live Photo Gallery, a free program, to create, edit, and share your photos. Presented by Raleigh SeniorTechEd. For more information, please call 919-954-3688

<b>Five Points Center for Active Adults</b>	Class Fee: \$17
#152337 Jan 16-23 Th	9:00 am -11:00 am
<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$17
#154562 Mar 24-31 M	1:30 pm -3:30 pm

**Educational Classes****Health Fair for Active Adults**

Make sure that you have the most current health and wellness information and resources while you enjoy health focused demos and breakout sessions from various exhibitors. There will also be great door prizes!

<b>Five points Center for Active Adults</b>	Class Fee: \$0
#152420 Mar 17 M	1:00 pm - 4:00 pm

**A Fresh Perspective On Retirement**

This class describes the 'Wealth Management Process' & addresses the necessity of aligning investment strategies with financial goals. Covered topics include retirement planning, estate planning, variable annuities, & financial analysis tools.

<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$0
#153510 Mar 20 Th	1:00 pm - 2:00 pm
<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#153511 Mar 25 Tu	1:00 pm - 2:00 pm

**Blood Pressure Screening**

Take advantage of these FREE blood pressure screenings offered by Dr. Casey Baldwin with Resources for Seniors and Sunnybrook healthcare.

<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#152384 1st Tu/3rd Mon	9:30 am -10:15 am
<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$0
#152385 1st Wed/4th F	9:00 am -10:00 am

**Brain Power!**

Explore simple ways to maintain and boost mental acuity. We will explore a different topic each month. Sponsored by Resources for Seniors. For a list of class topic call the centers.

<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$0
#153456 3rd Tu	1:00 pm - 2:00 pm
<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#153457 3rd W	1:00 pm - 2:00 pm

**Falls Prevention Workshop**

This educational presentation on falls prevention will include a fun, educational memory game, balance screenings, and door prizes and is designed for anyone interested in learning about falls prevention. Presented by WakeMed Health & Hospitals

<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#154583 Apr 11 F	10:00 am -11:30 am

**Flower Pot Gardening**

Come and explore a variety of plants for flower pot gardening with Phil Campbell of Campbell Road Nursery. Participants will plant a container of flowers to take home

<b>Five Points Center for Active Adults</b>	Class Fee: \$5
#154668 April 8 T	10:00 am-11:00 am

**Genealogy**

Learn how to research your family history and possibly discover some exciting fact about your ancestors! The Wake County Public Library system, The State of NC library system, the Raleigh Family History Center, and online resources such as ancestry.com will be used.

<b>Anne Gordon Center for Active Adults</b>	Class Fee \$10
#154661 Jan 2-Apr 3 Th(1st)	1:00 pm-3:00 pm

**Health Talks with Dr. Baldwin**

Dr Casey Baldwin, RFS Senior care Pharmacist will be on-site monthly to discuss an important health topic for older adults. Co-Sponsored by Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$0
#152365 Feb 5-19 W (1st)	10:15 am -11:30 am
<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#152366 Jan 7-28 Tu (1st)	10:15 am -11:30 am

**Healthy Strategies After A Loss**

A loss of any kind in one's life results in changes and transitions. There are self-care strategies which can help in the healing and moving toward a new normal. Learn about the misconceptions healing and discover approaches to a healthy recovery after a loss. Co-Sponsored by Heartland Hospice and Resources for Seniors.

<b>Anne Gordon Center</b>	Class Fee: \$0
#153493 Jan 13 M	3:00 pm-4:00 pm
<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#153494 Jan 21 T	3:00 pm-4:00 pm

**Legal Topics: Probate**

Campbell Law School presents information on the probate of a will & how this process protects the deceased & their heirs from fraud, alterations, & undue influence to the content of the will.

<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#152387 Jan 28 Tu	1:00 pm - 2:00 pm
<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$0
#152388 Jan 23 Th	1:00 pm - 2:00 pm

**Legal: Essential Legal Documents**

Representatives from McCuiston Law Offices, PLLC will discuss the legal documents that you should have in place. Co-Sponsored by Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>	Class Fee: \$0
#152390 Apr 24 Th	1:00 pm - 2:00 pm
<b>Five Points Center for Active Adults</b>	Class Fee: \$0
#152391 Apr 22 Tu	1:00 pm - 2:00 pm

**Life Writing**

Dr. Jim Clark will lead you in writing your memoirs. Come and explore your stories!

**Five Points Center for Active Adults** Class Fee: \$0  
 #153307 Jan 14-Feb 18 Tu 1:30 pm - 3:30 pm  
**Anne Gordon Center for Active Adults** Class Fee: \$0  
 #153308 Jan 13-Feb 10 M 1:30 pm - 3:30 pm

**Living Healthy: Chronic Disease Self-Management**

This course will enable participants to assume a major role in maintaining their health, & help in managing their chronic health conditions. Sponsored by Resources for Seniors.

**Anne Gordon Center for Active Adults** Class Fee: \$0  
 #154380 Mar 3-Apr 14 M 1:00 pm - 3:30 pm

**Living Healthy: Diabetes Management**

This course will enable participants to assume a major role in managing their health, including diabetes management.

**Five Points Center for Active Adults** Class Fee: \$0  
 #154692 Feb 7-Mar 14 F 9:15 am-11:30 am

**Living Longer, Living Smarter**

Learn key areas that influence your lifestyle, strategies for taking charge, and how to proactively state your wishes. Co-Sponsored by Resources for Seniors and AARP.

**Anne Gordon Center for Active Adults** Class Fee: \$0  
 #152392 Jan 9-Apr 10 M (2nd) 1:30 pm-2:30 pm  
**Five Points Center for Active Adults** Class Fee: \$0  
 #152393 Jan 13-Apr 14 M (2nd) 1:00 pm-2:00 pm

**Long Term Care: How It Works and Who Pays**

Learn how long term care (LTC) is paid for, the process for navigating the Medicare system for LTC, & other options.

**Five Points Center for Active Adults** Class Fee: \$0  
 #153512 Feb 18 Tu 1:00 pm - 2:00 pm

**Medicare 101**

The Seniors' Health Insurance Information Program (SHIIP) is a division of the NC Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and Long-Term Care Insurance. This seminar will provide a quick explanation of Medicare.

**Anne Gordon Center for Active Adults** Class Fee: \$0  
 #153513 Jan 30 Th 10:00 am -12:00 pm  
 #153514 Apr 14 M 1:00 pm - 2:00 pm  
**Five Points Center for Active Adults** Class Fee: \$0  
 #153516 Feb 10 M 10:00 am -12:00 pm  
 #153517 Apr 17 Tu 1:00 pm - 3:00 pm

**New Year's Resolutions or Bust**

The end of January is the time that most resolutions begin to fall by the wayside. Learn how to transform your goals into successful results.

**Anne Gordon Center for Active Adults** Class Fee: \$0  
 #153523 Jan 29 W 1:00 pm - 2:00 pm  
**Five Points Center for Active Adults** Class Fee: \$0  
 #153524 Jan 30 Th 1:00 pm - 2:00 pm

**Organization: Chronically Disorganized**

Are you still stumbling around in a cluttered environment unable to have friends or family visit because you are too embarrassed about the state of your home? Now is the time to make a change. This class will give you plenty of information on getting organized, where to start and how to get rid of the stuff you no longer want, need or love.

**Five Points Center ofr Active Adults** Class Fee: \$0  
 #153595 Mar 10 M 1:00 pm-2:00 pm

**Organization: Disaster Preparedness for Documents**

Are you ready if a disaster strikes? If you had to leave your home suddenly, would you know where to find every thing you would need to take with you? This class will show you how to set up an easy, portable system that includes all the information you will need.

**Five Points Center for Active Adults** Class Fee: \$0  
 #153592 Feb 24 M 12:00 pm - 1:00 pm

**Organization: Downsizing**

Are you thinking of making the move to a smaller home? What are you going to take with you and what can you dump on your kids? If you are considering downsizing to a smaller space, this presentation will give you the information you need to get you started on this overwhelming task.

**Five Points Center for Active Adults** Class Fee: \$0  
 #153602 Apr 28 M 12:00 pm - 1:00 pm

**Organization: Procrastination**

This class will discuss the three P's and how they affect organization. Learn tips on getting organized, time management and goal setting to help you stay on track. You can turn from a procrastinating, perfections pack rat into a productive, peaceful person.

**Five Points Center for Active Adults** Class Fee: \$0  
 #153571 Jan 27 M 12:00 pm-1:00 pm

**Preparing Finances for the Future**

Good money saving habits & fundamental concepts of investing will be covered. Sponsored by Morgan Stanley & Resources for Seniors.

**Anne Gordon Center for Active Adults** Class Fee: \$0  
 #153495 Feb 20 Th 1:00 pm - 2:00 pm  
**Five Points Center for Active Adults** Class Fee: \$0  
 #153496 Feb 25 Tu 1:00 pm - 2:00 pm

**Resources for Seniors: Who Are We & How We Help**

Resources for Seniors will provide a detailed overview of their agency and the many resources they provide to seniors.

**Anne Gordon Center for Active Adults** Class Fee: \$0  
 #152406 Jan 16 Th 1:00 pm - 2:00 pm  
**Five Points Center for Active Adults** Class Fee: \$0  
 #152407 Jan 15 W 1:00 pm - 2:00 pm

**SHIIP Counseling Appointments**

These 1:1 appointments will help you to understand your options with the Senior Health Insurance Information Program (SHIIP). You must pre-register for an appointment.

<b>Five Points Center For Active Adults</b> Class Fee: \$0			
#152415	Jan 3-Apr 18	1st & 3rd F	1:00 pm - 4:00 pm
#152416	Jan 8-Apr 30	W	1:00 pm - 4:00 pm
<b>Anne Gordon Center For Active Adults</b> Class Fee: \$0			
#152417	Jan 9-Apr 24	2nd & 4th M	11:00 am - 1:00 pm

**Fitness Classes****60 Seconds to Good Health**

Eat lunch later - exercise now! This lunchtime class features interval training designed to improve muscle strength and is a sure way to take your fitness to a higher level. All it takes is 60 seconds! Instructor: Jane Stenhouse.

<b>Five Points Center for Active Adults</b> Class Fee: \$8			
#150759	Jan 6-27	M	11:45 am -12:45 pm
#150760	Feb 3-24	M	11:45 am -12:45 pm
#150761	Mar 3-31	M	11:45 am -12:45 pm
#150762	Apr 7-28	M	11:45 am -12:45 pm

**Ageless Grace**

21 simple tools for lifelong comfort and ease! Each of the 21 tools focuses on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while sitting in a chair. It's fun and best of all, it's easy! Visit [www.agelessgrace.com](http://www.agelessgrace.com) for more information.

<b>Anne Gordon Center for Active Adults</b> Class Fee: \$8			
#150763	Jan 7-28	Tu	2:00 pm - 2:45 pm
#150764	Feb 4-25	Tu	2:00 pm - 2:45 pm
#150765	Mar 4-25	Tu	2:00 pm - 2:45 pm
#150766	Apr 8-29	Tu	2:00 pm - 2:45 pm

<b>Five Points Center for Active Adults</b> Class Fee: \$8			
#150767	Jan 8-29	W	2:00 pm - 2:45 pm
#150768	Feb 5-26	W	2:00 pm - 2:45 pm
#150769	Mar 5-26	W	2:00 pm - 2:45 pm
#150770	Apr 2-30	W	2:00 pm - 2:45 pm

**BeneFitness**

Improve your fitness level through low impact aerobics, stretching, and light weights. Instructor: Bill Unger

<b>Five Points Center for Active Adults</b> Class Fee: \$0			
#150771	Jan 2-30	Th, Tu	9:30 am -10:15 am
#150772	Feb 4-27	Tu, Th	9:30 am -10:15 am
#150773	Mar 4-27	Tu, Th	9:30 am -10:15 am
#150774	Apr 1-29	Tu, Th	9:30 am -10:15 am

**Cardio Sculpt**

Cardio Sculpt is a combo class that helps burn fat and build lean muscles via low impact aerobic exercises and sculpting major muscle groups. Instructor: Jane Stenhouse

<b>Five Points Center for Active Adults</b> Class Fee: \$8			
#150776	Jan 6-27	M	10:15 am -11:15 am
#150777	Feb 3-24	M	10:15 am -11:15 am
#150778	Mar 3-31	M	10:15 am -11:15 am
#150779	Apr 7-28	M	10:15 am -11:15 am
#150780	Jan 8-29	W	10:15 am -11:15 am
#150781	Feb 5-26	W	10:15 am -11:15 am
#150782	Mar 5-26	W	10:15 am -11:15 am
#150783	Apr 2-30	W	10:15 am -11:15 am

**Five Points Fitness Room Orientation**

Meet with a fitness instructor who will show you the proper way to use the equipment in the fitness room.

<b>Five Points Center for Active Adults</b> Class Fee: \$0			
#153367	Jan 2-May 6	T,W,Th	9:00 am - 9:30 am
		T,W,Th	3:00 pm - 3:30 pm

**Drumming for Fitness**

Improve your physical & mental fitness, burn fat, and release stress all while having fun. Traditional low impact aerobic movements are combined with the powerful beat and rhythm of drums. Foam drumsticks (provided) are used on chairs. This class can be adjusted to variety of fitness levels.

Instructor: Lauren Llewellyn

<b>Five Points Center for Active Adults</b> Class Fee: \$8			
#150784	Jan 7-28	Tu	2:45 pm - 3:30 pm
#150785	Feb 4-25	Tu	2:45 pm - 3:30 pm
#150786	Mar 11-Apr 1	Tu	2:45 pm - 3:30 pm
#150787	Apr 8-May 6	Tu	2:45 pm - 3:30 pm

<b>Anne Gordon Center for Active Adults</b> Class Fee: \$8			
#150796	Jan 8-29	W	2:30 pm - 3:15 pm
#150797	Feb 5-26	W	2:30 pm - 3:15 pm
#150798	Mar 5-26	W	2:30 pm - 3:15 pm
#150799	Apr 2-30	W	2:30 pm - 3:15 pm

<b>Lake Lynn Community Center</b> Class Fee: \$8			
#150793	Jan 8-29	W	9:00 am - 9:45 am
#150794	Feb 5-26	W	9:00 am - 9:45 am
#150795	Mar 5-26	W	9:00 am - 9:45 am
#150792	Apr 2-30	W	9:00 am - 9:45 am

**Five Points Bike Club**

Join your fellow cyclists for weekly bike rides in the Five Points community. Rides vary in length and duration, and follow side streets and greenway trails. All experience and fitness levels are welcome to participate.

<b>Five Points Center for Active Adults</b> Class Fee: \$0			
#150993	Jan 8-Apr 23	W	11:00 am -12:00 pm

**Five Points Fitness Room**

Get in shape with the fitness equipment available at the Five Points Center for Active Adults! Participants must complete a fitness room orientation with a fitness instructor prior to use.

<b>Five Points Center for Active Adults</b> Class Fee: \$0			
#150994	Jan 2-Apr 30	M-F	9:00 am - 6:00 pm

**Line Dance - Introduction To Line Dance**

This class is for those students with no line dance experience. Come learn basic steps and join the fun!

Instructor: Mitzi Kelly.

<b>Anne Gordon Center for Active Adults</b> Class Fee: \$0			
#151004	Jan 3-31	F	2:15 pm - 3:15 pm
#151005	Feb 7-28	F	2:15 pm - 3:15 pm
#151006	Mar 7-28	F	2:15 pm - 3:15 pm
#151007	Apr 4-25	F	2:15 pm - 3:15 pm

**Line Dance- Beginner/Improver**

This class is designed for those who have some line dance experience and are ready to move on to learn additional dance steps. Instructor: Mitzi Kelley.

**Anne Gordon Center for Active Adults** Class Fee: \$0

#151025	Jan 3-24	F	1:00 pm - 2:00 pm
#151026	Feb 7-28	F	1:00 pm - 2:00 pm
#151027	Mar 7-28	F	1:00 pm - 2:00 pm
#151028	Apr 4-25	F	1:00 pm - 2:00 pm

**Five Points Center for Active Adults** Class Fee: \$0

#151029	Jan 6-29	M, W	1:00 pm - 2:00 pm
#151030	Feb 3-26	M, W	1:00 pm - 2:00 pm
#151031	Mar 3-31	M, W	1:00 pm - 2:00 pm
#151032	Apr 2-30	M, W	1:00 pm - 2:00 pm

**Line Dance- Intermediate Level**

This class is for the experienced dancer who would like to learn advanced dances. Instructor: Mitzi Kelley

**Five Points Center for Active Adults** Class Fee: \$0

#151051	Jan 6-29	M, W	2:00 pm - 3:00 pm
#151052	Feb 3-26	M, W	2:00 pm - 3:00 pm
#151053	Mar 3-31	M, W	2:00 pm - 3:00 pm
#151054	Apr 2-30	M, W	2:00 pm - 3:00 pm

**Osteoball Workout**

This class incorporates exercises that help build bone mass and strengthen muscles for bone and joint related conditions, such as Osteoporosis and Arthritis. Instructor: Bettie Ittenbach

**Five Points Center for Active Adults** Class Fee: \$8

#152468	Jan 7-28	Tu	2:00 pm - 2:45 pm
#152469	Feb 4-25	Tu	2:00 pm - 2:45 pm
#152470	Mar 4-25	Tu	2:00 pm - 2:45 pm
#152471	Apr 1-29	Tu	2:00 pm - 2:45 pm
#152472	Jan 2-30	Th	2:00 pm - 2:45 pm
#152473	Feb 6-27	Th	2:00 pm - 2:45 pm
#152474	Mar 6-27	Th	2:00 pm - 2:45 pm
#152475	Apr 3-24	Th	2:00 pm - 2:45 pm

**Pilates for Active Adults**

Pilates takes a holistic approach to fitness and well-being by stretching and strengthening muscles while improving flexibility, core strength, and balance. Modifications are shown for those with back, knee, and neck issues. You must be able to get on a mat on the floor. Instructor: Kathy Cassidy

**Five Points Center for Active Adults** Class Fee: \$0

#154660	Jan 6-27	M	9:15 AM-10:00 AM
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**Five Points Center for Active Adults** Class Fee: \$8

#154653	Feb 3-24	M	9:15 AM-10:00 AM
#154654	Mar 3-24	M	9:15 AM-10:00 AM
#154655	Apr 7-28	M	9:15 AM-10:00 AM

**Qi Gong for Back Pain**

This class will teach you a series of gentle Qi Gong movements that will alleviate back pain. A variety of tips for minimizing back pain are incorporated throughout the workshop. Instructor: Nancy Davidson

**Five Points Center for Active Adults** Class Fee: \$8

#152424	Feb 3-24	M	11:00 am -12:00 pm
#152425	Apr 7-28	M	5:00 pm - 6:00 pm

**Anne Gordon Center for Active Adults** Class Fee: \$8

#153603	Mar 3-24	M	11:30 am -12:30 pm
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**Qi Gong: Qi Gong for Arthritis**

This class will use the art of Qi Gong (chee-gong) to help treat joints affected by arthritis to keep them moving and pain-free. Instructor: Michael Hronas

**Five Points Center for Active Adults** Class Fee: \$8

#151057	Jan 8-29	W	10:00 am -10:45 am
#151058	Feb 5-26	W	10:00 am -10:45 am
#151059	Mar 5-26	W	10:00 am -10:45 am
#151060	Apr 2-30	W	10:00 am -10:45 am

**Anne Gordon Center for Active Adults** Class Fee: \$8

#154547	Jan 3-31	F	11:30 am - 12:15pm
#154548	Feb 7-28	F	11:30 am - 12:15pm
#154549	Mar 7-28	F	11:30 am - 12:15pm
#154550	Apr 4-25	F	11:30 am - 12:15pm

**Qi Gong: Therapeutic QiGong**

The 24 simple movements of QiGong (chee-gong) designed to promote energetic and visceral (internal organ) health for the participant. By creating good energy flow in the body many diseases are thwarted or reversed. This is a beginner level class. Instructor: Michael Hronas

**Anne Gordon Center for Active Adults** Class Fee: \$8

#151076	Jan 3-31	F	10:30 am -11:15 am
#151077	Feb 7-28	F	10:30 am -11:15 am
#151078	Mar 7-28	F	10:30 am -11:15 am
#151079	Apr 4-25	F	10:30 am -11:15 am
#151084	Jan 7-28	Tu	10:30 am -11:15 am
#151085	Feb 4-25	Tu	10:30 am -11:15 am
#151086	Mar 4-25	Tu	10:30 am -11:15 am
#151081	Apr 1-29	Tu	10:30 am -11:15 am

**QiGong: Chair Based QiGong**

The 24 simple movements of QiGong (chee-gong) are designed to promote energetic and visceral (internal organ) health for the participant. By creating good energy flow in the body many diseases are thwarted or reversed. This is a beginner level class. Instructor: Michael Hronas

**Five Points Center for Active Adults** Class Fee: \$8

#151099	Jan 7-28	Tu	9:15 am -10:00 am
#151100	Feb 4-25	Tu	9:15 am -10:00 am
#151101	Mar 4-25	Tu	9:15 am -10:00 am
#151102	Apr 1-29	Tu	9:15 am -10:00 am
#151103	Jan 2-30	Th	9:15 am -10:00 am
#151104	Feb 6-27	Th	9:15 am -10:00 am
#151105	Mar 6-20	Th	9:15 am -10:00 am
#151106	Apr 3-24	Th	9:15 am -10:00 am

**Seated Fitness Sampler**

This class is gentle and offers a good physical and mental workout! Zumba, line dance, and aerobic dance will be presented in a seated manner. Instructor: Cathy Mitchell

**Five Points Center for Active Adults** Class Fee: \$8

#154587	Jan 6-27	M	10:00 am -11:00 am
#154588	Feb 3-24	M	10:00 am -11:00 am
#154624	Mar 3-31	M	10:00 am -11:00 am
#154625	Apr 7-28	M	10:00 am -11:00 am

**Seniors In Motion**

This class includes stretching and flexibility movements, as well as low impact cardio exercise, strength training with light weights and other toning elements. Instructor: Bettie Ittenbach

**Laurel Hills Community Center**

Class Fee: \$8

#151149	Jan 8-29	W	10:15 am - 11:15 am
#151150	Feb 5-26	W	10:15 am - 11:15 am
#151151	Mar 5-26	W	10:15 am - 11:15 am
#151153	Apr 2-30	W	10:15 am - 11:15 am
#151154	Jan 3-31	F	10:15 am - 11:15 am
#151155	Feb 7-28	F	10:15 am - 11:15 am
#151152	Mar 7-28	F	10:15 am - 11:15 am
#151156	Apr 4-25	F	10:15 am - 11:15 am

**Seniorcise**

Low impact exercises for adults 50 and over. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights, and aerobic activity.

**Anne Gordon Center for Active Adults** Class Fee:\$8

Instructor: Lorraine Norris

#151128	Jan 7-28	Tu	9:15 am - 10:00 am
#151129	Feb 4-25	Tu	9:15 am - 10:00 am
#151130	Mar 4-25	Tu	9:15 am - 10:00 am
#151131	Apr 1-22	Tu	9:15 am - 10:00 am
#151132	Jan 2-30	Th	9:15 am - 10:00 am
#151133	Feb 6-27	Th	9:15 am - 10:00 am
#151134	Mar 6-27	Th	9:15 am - 10:00 am
#151135	Apr 3-24	Th	9:15 am - 10:00 am

**Greystone Community Center**

Class Fee:\$8

Instructor: Lauren Llewellyn

#151108	Jan 6-27	M	10:00 am - 10:45 am
#151109	Feb 3-24	M	10:00 am - 10:45 am
#151110	Mar 3-31	M	10:00 am - 10:45 am
#151111	Apr 7-28	M	10:00 am - 10:45 am
#151112	Jan 3-31	F	10:00 am - 10:45 am
#151113	Feb 7-28	F	10:00 am - 10:45 am
#151138	Mar 7-28	F	10:00 am - 10:45 am
#151114	Apr 4-25	F	10:00 am - 10:45 am

**Lake Lynn Community Center**

Class Fee:\$8

Instructor: Lauren Llewellyn

#151115	Jan 7-28	Tu	9:00 am - 9:45 am
#151116	Feb 4-25	Tu	9:00 am - 9:45 am
#151117	Mar 4-25	Tu	9:00 am - 9:45 am
#151118	Apr 1-29	Tu	9:00 am - 9:45 am
#151119	Jan 2-30	Th	9:00 am - 9:45 am
#151120	Feb 6-27	Th	9:00 am - 9:45 am
#151136	Mar 6-27	Th	9:00 am - 9:45 am
#151121	Apr 3-24	Th	9:00 am - 9:45 am

**Powell Dr Neighborhood Center**

Class Fee:\$8

Instructor: Bill Unger

#151122	Jan 7-28	Tu	2:00 pm - 2:45 pm
#151123	Feb 4-25	Tu	2:00 pm - 2:45 pm
#151124	Mar 4-25	Tu	2:00 pm - 2:45 pm
#151125	Apr 1-29	Tu	2:00 pm - 2:45 pm
#151126	Jan 2-30	Th	2:00 pm - 2:45 pm
#151127	Feb 6-27	Th	2:00 pm - 2:45 pm
#151137	Mar 6-27	Th	2:00 pm - 2:45 pm
#151107	Apr 3-24	Th	2:00 pm - 2:45 pm

**Silver Cardio**

Classes start with basic warm up moves, followed by 30 minutes of constant low impact moves, with a 'burst' of fun moves added in the session, such as gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun! This is an intermediate level class.

Instructor: Bettie Ittenbach

**Five Points Center for Active Adults** Class Fee:\$8

#151266	Jan 2-30	Th	1:00 pm - 2:00 pm
#151267	Feb 6-27	Th	1:00 pm - 2:00 pm
#151268	Mar 6-20	Th	1:00 pm - 2:00 pm
#151269	Apr 3-24	Th	1:00 pm - 2:00 pm
#151270	Jan 7-28	Tu	1:00 pm - 2:00 pm
#151271	Feb 4-25	Tu	1:00 pm - 2:00 pm
#151272	Mar 4-25	Tu	1:00 pm - 2:00 pm
#151273	Apr 1-29	Tu	1:00 pm - 2:00 pm

**T'ai Chi for Active Adults - Advance Beginners**

T'ai Chi is a low/no impact slow motion exercise consisting of a series of motions and can be adapted for any fitness level. Focus is on breathing naturally, paying attention on your movements and your bodily sensations. Benefits include: enhanced immune system, lowers blood pressure, reduced chronic pain, and more! Instructor: Michael Hronas

**Anne Gordon Center for Active Adults** Class Fee:\$8

#151282	Jan 7-28	Tu	11:30 am - 12:15 pm
#151283	Feb 4-25	Tu	11:30 am - 12:15 pm
#151284	Mar 4-25	Tu	11:30 am - 12:15 pm
#151285	Apr 8-29	Tu	11:30 am - 12:15 pm

**T'ai Chi for Active Adults - Beginner**

T'ai Chi is a low/no impact slow motion exercise consisting of a series of motions and can be adapted for any fitness level. Focus is on breathing naturally, paying attention on your movements and your bodily sensations. Benefits include: enhanced immune system, lowers blood pressure, reduced chronic pain, & more! Instructor: Michael Hronas

**Anne Gordon Center for Active Adults** Class Fee:\$8

#151290	Jan 6-27	M	1:00 pm - 1:45 pm
#151291	Feb 3-24	M	1:00 pm - 1:45 pm
#151292	Mar 3-31	M	1:00 pm - 1:45 pm
#151293	Apr 7-28	M	1:00 pm - 1:45 pm

**Tai Chi Chih - Beginner Level**

Tai Chi Chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress/anxiety, improved balance, and increased muscle flexibility. Instructor:

Adrienne McKenzie

**Five Points Center for Active Adults** Class Fee:\$8

#151274	Jan 6-27	M	10:00 am - 11:00 am
#151275	Feb 3-24	M	10:00 am - 11:00 am
#151276	Mar 3-31	M	10:00 am - 11:00 am
#151277	Apr 7-28	M	10:00 am - 11:00 am

**Tai Chi Chih- Intermediate Level**

This class is for those that have taken the beginner level course and are familiar with the moves and poses of Tai Chi Chih. Instructor: Adrienne McKenzie

**Five Points Center for Active Adults** Class Fee:\$8

#151278	Jan 6-27	M	11:00 am -12:15 pm
#151279	Feb 3-24	M	11:00 am -12:15 pm
#151280	Mar 3-31	M	11:00 am -12:15 pm
#151281	Apr 7-28	M	11:00 am -12:15 pm

**Total Body Conditioning**

Improve your quality of life by building strength and balance – both are essential to maintaining physical independence.

Instructor: Jane Stenhouse

**Five Points Center for Active Adults** Class Fee:\$8

#151294	Jan 7-28	Tu	1:00 pm - 2:00 pm
#151295	Feb 4-25	Tu	1:00 pm - 2:00 pm
#151296	Mar 4-25	Tu	1:00 pm - 2:00 pm
#151297	Apr 1-29	Tu	1:00 pm - 2:00 pm
#151298	Jan 2-30	Th	1:00 pm - 2:00 pm
#151299	Feb 6-27	Th	1:00 pm - 2:00 pm
#151300	Mar 6-27	Th	1:00 pm - 2:00 pm
#151301	Apr 3-24	Th	1:00 pm - 2:00 pm

**Total Body Toning**

This intermediate level class incorporates hand weights, resistance tubing, and our own body weight to provide resistance, build strength, and improve flexibility of the joints. Instructor: Kathy Cassidy

**Five Points Center for Active Adults** Class Fee:\$8

#151315	Jan 8-29	W	11:30 am -12:30 pm
#151316	Feb 5-26	W	11:30 am -12:30 pm
#151317	Mar 5-26	W	11:30 am -12:30 pm
#151318	Apr 2-30	W	11:30 am -12:30 pm
#151319	Jan 3-31	F	11:30 am -12:30 pm
#151320	Feb 7-28	F	11:30 am -12:30 pm
#151321	Mar 7-28	F	11:30 am -12:30 pm
#151322	Apr 4-25	F	11:30 am -12:30 pm

**Wednesday Walk and Wellness**

Social walkers and speed walkers are invited to join this fun group for a walk in the Five Points Area. Warm up and cool down techniques are included. Instructor: Jane Stenhouse.

**Five Points Center for Active Adults** Class Fee:\$0

#151324	Jan 8-Apr 30	W	1:00 pm - 2:00 pm
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**What is Acupuncture?**

The differences between Western and Eastern medicine and the different styles of acupuncture and what a treatment experience might be like with each will be discussed.

Instructor: Nancy Davison

**Five Points Center for Active Adults** Class Fee:\$5

#152422	Jan 16	Th	11:00 am -12:00 pm
#152423	Mar 10	M	10:30 am -11:30 am

**Anne Gordon Center for active Adults** Class Fee \$5

#153604	Mar 17 M		12:45 pm - 1:45 pm
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**Yoga: Laugh-A-Yoga**

Laughter yoga provides a fun, relaxing and interactive way to improve overall health and happiness. There are no traditional yoga poses or floor exercises; instead, students learn to relax through laughter and meditation. Instructor: Ellen Clapp.

**Five Points Center for Active Adults** Free Demo Class

#154482	Jan 23	Th	1:00 pm - 2:00 pm
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**Five Points Center for Active Adults** Class Fee: \$20

#154481	Feb 5-Mar 12	W	1:00 pm - 2:00 pm
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**Yoga: Yoga for Arthritis**

This Yoga class offers a gentle and effective approach to targeting affected joints and stabilizing those not yet affected. The class can be tailored to each participants' needs- seated, standing, wheelchair, etc. Instructor: Cathy Mitchell

**Five Points Center for Active Adults** Class Fee: \$8

#154473	Jan 3-31	F	10:00 am -11:00 am
#154474	Feb 7-28	F	10:00 am -11:00 am
#154626	Mar 7-28	F	10:00 am -11:00 am
#154627	Apr 4-25	F	10:00 am -11:00 am

**Yoga-Chair Yoga**

This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles, and breath awareness to calm and release tension. All standing poses maybe done with the support of a chair

**Laurel Hills Community Center** Class Fee:\$8

Instructor: Bettie Ittenbach

#151347	Jan 8-29	W	11:30 am -12:15 pm
#151348	Feb 5-26	W	11:30 am -12:45 pm
#151349	Mar 5-26	W	11:30 am -12:45 pm
#151351	Apr 2-30	W	11:30 am -12:45 pm

**Five Points Center for Active Adults** Class Fee:\$8

Instructor: Rose Parli

#151361	Jan 7-28	Tu	11:30 am -12:45 pm
#151352	Feb 4-25	Tu	11:30 am -12:45 pm
#151353	Mar 4-25	Tu	11:30 am -12:45 pm
#151362	Apr 1-29	Tu	11:30 am -12:30 pm

Instructor: Jessica Mollet

#151343	Jan 7-28	Tu	3:30 pm - 4:30 pm
#151344	Feb 4-25	Tu	3:30 pm - 4:30 pm
#151345	Mar 4-Apr 1	Tu	3:30 pm - 4:30 pm
#151346	Apr 8-29	Tu	3:30 pm - 4:30 pm

Instructor: Jessica Mollet

#151360	Jan 8-29	W	3:30 pm - 4:30 pm
#151355	Feb 5-26	W	3:30 pm - 4:30 pm
#151356	Mar 5-26	W	3:30 pm - 4:30 pm
#151357	Apr 2-30	W	3:30 pm - 4:30 pm

Instructor: Rose Parli

#151364	Jan 2-30	Th	11:30 am -12:45 pm
#151365	Feb 6-27	Th	11:30 am -12:15 pm
#151366	Mar 6-27	Th	11:30 am -12:15 pm
#151793	Apr 3-24	Th	11:30 am -12:15 pm

Instructor: Jessica Mollet

#151358	Jan 2-30	Th	3:30 pm - 4:30 pm
#151363	Feb 6-27	Th	3:30 pm - 4:30 pm
#151359	Mar 6-27	Th	3:30 pm - 4:30 pm
#151350	Apr 3-24	Th	3:30 pm - 4:30 pm

**Yoga-Gentle Yoga for Beginners**

This beginner class offers gentle approach to yoga and is structured to accommodate students of all levels and abilities.

**Anne Gordon Center for Active Adults**

Class Fee: 8

Instructor: Cathy Mitchell

#151802	Jan 6-27	M	10:30 am -11:30 am
#151803	Feb 3-24	M	10:30 am -11:30 am
#151804	Mar 3-24	M	10:30 am -11:30 am
#151805	Apr 7-28	M	10:30 am -11:30 am

**Five Points Center for Active Adults**

Class Fee: 8

Instructor: Cathy Mitchell

#151809	Jan 8-29	W	10:30 am -11:30 am
#151806	Feb 5-26	W	10:30 am -11:30 am
#151807	Mar 5-26	W	10:30 am -11:30 am
#151808	Apr 2-30	W	10:30 am -11:30 am

Instructor: Carol Huncik

#151795	Jan 6-27	M	3:15 pm - 4:15 pm
#151796	Feb 3-24	M	3:15 pm - 4:15 pm
#151797	Mar 3-24	M	3:15 pm - 4:15 pm
#151798	Apr 7-28	M	3:15 pm - 4:15 pm

Instructor: Carol Huncik

#151799	Jan 8-29	W	3:15 pm - 4:15 pm
#151800	Feb 5-26	W	3:15 pm - 4:15 pm
#151801	Mar 5-26	W	3:15 pm - 4:15 pm
#151810	Apr 2-30	W	3:15 pm - 4:15 pm

**Zumba® : Chair Based Zumba**

This beginner level class uses both Latin and traditional chair moves. Other elements of the class include the use of elastic bands, seated abdominal exercises, and warm up/cool down movements. Instructor: Bettie Ittenbach

**Five Points Center for Active Adults**

Class Fee: \$8

#151822	Jan 6-27	M	2:15 pm - 3:00 pm
#151823	Feb 3-24	M	2:15 pm - 3:00 pm
#151824	Mar 3-31	M	2:15 pm - 3:00 pm
#151825	Apr 7-28	M	2:15 pm - 3:00 pm

**Zumba® -Gold**

Golden Zumba® is known for zesty Latin and international music, easy to follow moves, and the invigorating party-like atmosphere of the class! This is an intermediate dance-fitness class that feels friendly and, most of all, fun

**Five Points Center for Active Adults**

Class Fee:\$8

Instructor: Bettie Ittenbach

#151830	Jan 6-27	M	1:00 pm - 2:00 pm
#151831	Feb 3-24	M	1:00 pm - 2:00 pm
#151832	Mar 3-24	M	1:00 pm - 2:00 pm
#151833	Apr 7-28	M	1:00 pm - 2:00 pm

Instructor: Kathy Cassidy

#151826	Jan 3-31	F	12:30 pm - 1:30 pm
#151827	Feb 7-28	F	12:30 pm - 1:30 pm
#151828	Mar 7-28	F	12:30 pm - 1:30 pm
#151829	Apr 4-25	F	12:30 pm - 1:30 pm

**Social Programs****Bingo**

This is not your typical Bingo.....we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cents per card.

**Carriage House Apts**

#151910	Jan 6-Apr 28	M	1:30 pm - 2:30 pm
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**Stonehenge Apts**

#151911	Jan 9-May 1	Th	10:00 am -12:00 pm
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**Parkview Manner Apts**

#151912	Jan 6-Apr 28	M	3:00 pm - 4:00 pm
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**Greystone Recreation Center**

#151913	Jan 7-Apr 29	Tu	2:00 pm - 3:30 pm
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**Anne Gordon Center for Active Adults**

#151914	Jan 3-Apr 25	F	10:00 am -12:00 pm
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**Five Points Center for Active Adults**

#153241	Jan 15-Apr 16	W	2:00 pm - 4:00 pm
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**Bridge for Active Adults - Open Play**

Join other bridge players for this open play program. All experience levels are welcome.

**Five Points Center for Active Adults**

#151918	Jan 3-Apr 25	F	12:30 pm - 3:00 pm
#151919	Jan 2-Apr 24	Th	10:00 am -12:00 pm

**Cards and Maj Jongg Open Play**

Want to play cards (Bridge, Canasta, Poker, mahjongg or more with your friends? Have not played in a while and want to freshen up your skills? This is an open play time for all.

**Anne Gordon Center for Active Adults**

Class Fee: \$0

#151963	Jan 3-Apr 25	F	2:00 pm - 4:00 pm
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**Game Day**

Join you fellow game players for canasta, dominoes, and other board games. Bring your own games to share with the group if you wish.

**Five Points Center for Active Adults**

Class Fee: \$0

#151966	Jan 6-Apr 28	M	2:00 pm - 5:00 pm
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**Mah Jongg Beginners**

Mah Jongg is a tile game that can be traced back to the 1800s. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses and the beauty and excitement of the game itself.

**Greystone Recreation Center**

Class Fee: \$0

#152121	Jan 6-27	M	2:00 pm - 4:00 pm
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**Five Points Center for Active Adults**

Class Fee: \$0

#152122	Jan 2-30	Th	2:00 pm - 4:00 pm
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**Mah Jongg Intermediate**

These intermediate workshops are for those who have been through the Mah Jongg beginners workshop or have played the game in the past and need a refresher course.

**Greystone Recreation Center**

Class Fee: \$0

#152125	Feb 3-24	M	2:00 pm - 4:00 pm
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**Five Points Center for Active Adults**

Class Fee: \$0

#152126	Feb 6-Mar 6	Th	2:00 pm - 4:00 pm
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**Monday Matinee**

We will feature recent films in a variety of genres, including romance, comedy, drama, & thrillers. Light refreshments are provided.

**Five Points Center for Active Adults** Class Fee: \$2  
 #154428 Jan 6-Apr 28 M 2:00pm-4:00 pm

**Men's Monday Mornings**

This program offers men a place to hang out, play some games, make new friends and socialize that is for guys only. Drop in and enjoy coffee, play games, or just visit.

**Anne Gordon Center for Active Adults** Course Fee:\$0  
 #152128 Jan 6-Apr 28 M 9:00 am -12:00 pm

**Read and Go**

The Read Go series combines reading and traveling. Participants will read a select group of fiction & nonfiction books, set in NC locations, & then explore the areas in which the books take place. Dates are for the book discussions. Trip information will be available at a later date.

**Anne Gordon Center for Active Adults** Course Fee:\$0  
**King of Lies by John Hart**

#152872 Jan 27 M 1:00 pm - 2:00 pm

**Betty Smith: Life of the Author of A Tree Grows in Brooklyn**

#154667 April 28 M 1:00 pm-2:00 pm

**Read and Watch**

Read the book, have a book discussion then watch the movie that is based on the book. Due to the popularity of this program, pre-registration is required. Find the Read and

**Anne Gordon Center for Active Adults**

**Water for Elephants by Sara Gruen** Course Fee:\$0

#152874 Feb 24 M 1:00 pm - 3:30 pm

**Safe Haven by Nicholas Sparks** Course Fee:\$0

#152875 Apr 28 M 1:00 pm - 3:30 pm

**Thursday Theatre**

Enjoy snacks while you watch a movie with your friends. Pre-registration encouraged due to popularity. Call 919-996-4720 for schedule.

**Anne Gordon Center for Active Adults** Class Fee: \$2  
 #152141 Jan 2-Apr 24 Th 10:15 am -12:00 pm

**XBox eXergamers Wellness Club**

Come learn to use the XBox video game system for fun and fitness. Instruction on how to play the games and work the Xbox will be provided.

**Five Points Center for Active Adults** Class Fee:\$0  
 #152477 Jan 2-Apr 24 Th 2:00 pm - 4:00 pm

**Sports****Horseshoes**

Class Fee:\$0

Practice your horseshoes skills! Equipment is provided.

**Athens Drive High School**

Class Fee:\$0

#152142 Jan 4-Apr 28 Sa, Tu 9:00 am -10:30 am

**Pickleball**

Pickleball is activity that combines racquetball, tennis & table tennis. It is played on a smaller version of a tennis court. No experience is necessary & all equipment is provided.

**Optimist Community Center**

Class Fee:\$0

#152144 Jan 2-Apr 29 Th, Tu 12:30 pm - 2:30 pm

**Five Points Center for Active Adults**

Class Fee:\$0

#152145 Jan 8-Apr 30 W 12:30 pm - 3:00 pm

**Shuffleboard**

Practice and play shuffleboard with other adults. Equipment is provided.

**Athens Drive High School**

Class Fee:\$0

#152148 Jan 4-May 6 Sa, Tu 9:00 am -12:00 pm

**Table Tennis Free Play**

Learn to play table tennis - all ability levels are welcome.

**Five Points Center for Active Adults**

Class Fee:\$0

#152149 Jan 3-Apr 28 F, M 1:00 pm - 3:00 pm

# Golden Years Clubs

Clubs are composed of individuals age 55 and older. Club activities may include cards/games, trips, speakers, luncheons, and social activities. Contact club leader for more information on each club.

## **Asbury Joy Club**

Asbury UMC  
3<sup>rd</sup> Thursday, 11:00am  
June (919)848-1392

## **Best Is Yet To Be**

Powell Dr. Comm. Center  
1<sup>st</sup>/3<sup>rd</sup> Friday, 10:00am  
Mary Lou (919) 846-0492

## **Brier Creek Senior Club**

Brier Creek Comm. Center  
Tuesdays, 10:00am  
Linda (919) 420-2340

## **Caraleigh Club**

Caraleigh Comm. Clubhouse  
Tuesdays, 10:00am  
Mary Lou (919) 846-0492

## **Carolina Pines Club**

St. Barnabus Church  
2<sup>nd</sup> Wednesday, 10:30am  
Tonya (919) 831-6435

## **Catholic Golden Age**

Our Lady of Lourdes  
Catholic Church  
1<sup>st</sup> Sunday, 1:30pm  
Ed (919) 217-9580

## **E-Streeters Club**

Edenton Street UMC  
3<sup>rd</sup> Tuesdays, 11:30am  
June (919) 786-1211

## **Fellowship Club**

West Raleigh Presbyterian  
2<sup>nd</sup>/4<sup>th</sup> Tuesday, 10:00am  
Laura (919) 851-7042

## **Fifty-Five Plus Club**

Anne Gordon Center  
Wednesdays, 09:15am  
Nancy (919) 264-7818

## **First Cosmopolitan Club**

First Cosmopolitan Baptist  
3<sup>rd</sup> Wednesday, 1pm  
Gene (919)266-1222

## **GEMS**

Watts Chapel Baptist Church  
1st/3rd Wednesday, 10:00 am  
Shirley (919)781-6532

## **Go-Getters Club**

Stonehenge Apts. Clubhouse  
2<sup>nd</sup>/4<sup>th</sup> Thursday, 10:00am  
Betty (919) 846-2632

## **Golden Eagles Club**

Top Greene Center  
Wednesdays, 11:00am  
Carletta (919) 250-2730

## **Grand Age Club**

Hayes Barton United  
Methodist Church  
Thursdays, 11:15am  
Margie (919) 467-0572

## **Hedingham Hi-Milers**

Willow Oak Clubhouse  
2nd Tuesday, 10:00am  
Bob- (919) 649-4738

## **Jaycee Park Club**

Five Points Adult Center  
Wednesdays, 9:30am  
Doris (919) 510-9932

## **Joy Club**

North Raleigh UMC  
Wednesdays, 11:00am  
Cletha (919) 847-5988

## **Keenagers Club**

White Memorial  
Presbyterian Church  
Thursdays, 10:30am  
Judy (919) 834-3424

## **Lake Lynn Seniors**

Lake Lynn Comm. Center  
Tuesdays, 10:00am  
Lauren (919) 996-4720

## **Laurel Hills Bridge Club**

Laurel Hills Comm. Center  
Tuesdays, 10:15am  
Cindy (919) 420-2383

## **Lions Park Club**

Lions Park Comm. Center  
1<sup>st</sup>/3<sup>rd</sup> Wednesday, 10:00am  
MC, S, G, L, YR  
Jason (919) 831-6995

## **Lords & Ladies**

Jaycee Comm. Center  
Visually Impaired Club  
2<sup>nd</sup> Tuesdays  
VIP Staff (919) 996-6640

## **OCBC Twilighters**

Oak City Baptist Church  
1<sup>st</sup>/3<sup>rd</sup> Wed- 11:30am  
James (919)477-6737

## **Parkview Manor**

Parkview Manor Apartments  
2<sup>nd</sup> Tuesday, 2:00pm  
Juanita (919) 821-7728

## **Platinum Plus**

Sanderford Rd Center  
Wednesdays, 10:30am  
Bunny (919) 831-1898  
Ricky (919) 250-2757

## **Prime Timers Club**

Hillyer Memorial Church  
3<sup>rd</sup> Thursday, 10:30am  
Dick (919) 851-3046

## **Pullen Park Club**

Pullen Park Comm. Center  
Wednesdays, 10am  
Abigail (919) 8316052

## **Quail Hollow Club**

Eastgate Center  
Wednesdays, 9:45am  
Susan (919) 870-0557

## **Roberts Park SR Club**

Roberts Park Comm. Center  
Wednesdays, 10:30am  
Sherri (919) 831-6830

## **Smiling Age Club**

Biltmore Hills Comm. Center  
Tuesdays, 10:00am  
Kenny (919) 831-6895

## **Snappy Seniors**

Marsh Creek Comm. Center  
1<sup>st</sup> and 3<sup>rd</sup> Monday, 10am  
Dorothy (704) 928-6613

## **St. Francis Club**

St. Francis of Assisi Parish  
2<sup>nd</sup> Wed 11am  
4<sup>th</sup> Wed 12pm  
Kathleen (919) 848-1557

## **St. Joseph's Seniors**

St. Joseph's  
Catholic Church  
3rd Sunday 1pm  
4<sup>th</sup>Thur. dinner  
Lorraine (919) 266-3889

## **Thirty-Niners Club**

First Baptist Church  
Thursdays, 10:30am  
Mary Alice (919) 832-4485

## **Touch of Love**

St. Matthew Baptist Church  
2<sup>nd</sup>/4<sup>th</sup> Wednesday, 10:00am  
Dee (919) 630-0320

## **Trinity JOY Club**

Trinity UMC  
3<sup>rd</sup> Tuesday, 11:00am  
Mary (919) 845-9626

## **Wakefield Gardens Club**

Gardens at Wakefield  
1<sup>st</sup> Monday, 2:00pm  
Donna (919) 562-5580

## **Wakefield Villagers Club**

Villages of Wakefield  
Clubhouse  
2<sup>nd</sup>/4<sup>th</sup> Tuesday, 9:00am  
Margaret (919) 556-9541

## **Worthdale Walkers Club**

Worthdale Comm. Center  
Thursdays, 11:00am  
Carletta (919) 250-2730

## **Young at Heart Club**

Five Points Adult Center  
2<sup>nd</sup>/4<sup>th</sup> Wednesday, 10:00am  
Carolyn (919) 852-0515



**This information is not to be used for solicitation purposes.**

## **Adult Program Trips**

Trips are developed with individuals 50+ in mind, but are open to all. **Dates and costs will be provided on the trip flyer.**

### **One-Day Trips**

#### **April - Duke Gardens**

Sarah P. Duke Gardens is a 55-acre public botanical garden and is one of the top 10 public gardens in the US.

#### **May - Salisbury, NC**

The NC Transportation Museum is home to many exhibits that showcase all forms of transportation used throughout the state. Also includes a narrated ride on a historic train.

### **Multi-Day Trips** (Registration starts in Jan 2014)

#### **August - Alaska Land and Sea Tour**

This 12 day tour features a 7 night cruise and the sites of Fairbanks, Denali, Anchorage, Juneau, and a railroad railcar tour.

#### **November - Paris & Normandy**

This 9 day trip marks the 70th anniversary of the D-Day landings. The trip features the Loire Valley, Mont St. Michel, Chateau de Chambord, and 3 nights in Paris.

**The Adult Program Trip brochure, individual trip flyers and registration can be found on our website [parks.raleighnc.gov](http://parks.raleighnc.gov), keyword search: *Adult Trips* or by calling 919-996-4720.**

## **Fun Golfers**

The Raleigh Fun Golfers is open to men and women age 55 and over. Join the fun and fellowship with other golfers. All experience and skill levels are welcome to join.

Monthly tournaments are held the last Tuesday and Wednesday each month from April through October. These are 18-hole flighted tournaments, with awards given for both low net and low gross scores. Superball tournaments, trips to other area courses, a spring trip to the Pinehurst area, and a fall beach trip and an end of the season banquet are also held.

Annual dues are \$45.00 per year. The membership year is from January 1 – December 31. Membership fees are not pro-rated during the year. Members are assigned a Fun Golfers membership number card, which can be picked up at Wil-Mar Golf Club after your payment has been processed.

Members of Fun Golfers can play at a reduced rate of \$14.00 green fee and \$8.00 cart fee at Wil-Mar Golf Club Monday through Friday year-round.



## **All trips will depart from:**

Anne Gordon Center for Active Adults  
1901 Spring Forest Rd, Raleigh, NC 27615

## **ADDITIONAL RESOURCES**

### **Resources for Seniors**

919-996-4738

[www.resourcesforseniors.com](http://www.resourcesforseniors.com)

Resources for Seniors has an Information and Referral Specialist housed at the Five Points Center for Active Adults and is available by appointment to meet one on one with individuals at the Anne Gordon Center for Active Adults.

### **Meals On Wheels**

919-996-4739

[www.wakemow.org](http://www.wakemow.org)

The Five Points Center for Active Adults is a Meals on Wheels Congregate Lunch site. The congregate lunch program serves anyone who is 60 or older and can get to the Active Adult Center. You must call first for a reservation and complete an application when you arrive.